



In Case You Missed it

TRICARE® West Region e-Updates

June 2023

- 1. COVID-19 Public Health Emergency ended.** The Public Health Emergency (PHE) for COVID-19 ended on May 11. While TRICARE will still cover vaccines, testing and treatment related to COVID-19, there are other impacts that may affect you and your family. [Learn more](#) about these changes.
- 2. Getting urgent care with TRICARE.** There may be times in your life when you can't wait for an appointment with your health care provider, but your situation is also not emergent. That's when going to an [urgent care center](#) or accessing [urgent care via telemedicine](#) may be good options. Keep in mind, your TRICARE plan will determine urgent care referral rules, so be sure to review your plan details.
- 3. Do you know how to access your electronic authorization letters?** If your provider has recently submitted a referral or pre-authorization, you can easily [check the status and view authorization letters](#) online. Click on "Authorization Status" in the "Secure Tools" box at www.tricare-west.com and log in using your DS Logon or Health Net Federal Services, LLC (HNFS) username and password. You can also check status using the self-service prompts through our [customer service line](#).
- 4. Secure chat customer service option.** Have you tried our secure web chat? HNFS offers web chat as a customer service option, Monday through Friday, 9 a.m.-2 p.m. PT. To get started, log in at www.tricare-west.com and click on "Secure Chat" from the "Secure Tools" box. You'll need to log in with your DS Logon or HNFS username and password.
- 5. Using the Military Health System (MHS) Nurse Advice Line.** Having the right resources available is key to staying healthy. Whether you have a minor health-related question, are out of town and need advice, or are looking for the nearest urgent care or emergency facility, the [MHS Nurse Advice Line](#) can help. Nurses are available via phone, web chat or video chat. As always, if you or your loved ones need immediate assistance, call 911 or go to the nearest emergency room.
- 6. Attend a live webinar to learn about TRICARE.** If you are looking to expand your knowledge of TRICARE, we've got you covered. HNFS offers beneficiary briefings via webinar on a variety of TRICARE topics, presented by our experienced staff. View the [current schedule](#) online. Keep in mind, we also have pre-recorded briefings you can watch any time.
- 7. Understand which vaccines you need and how they are covered.** Vaccines play a vital role in keeping you and your loved ones protected. [TRICARE covers a variety of age-appropriate vaccines](#) and makes it easy to know which ones you may need. Keep you and your family safe by staying up to date on all vaccines.
- 8. June is Men's Health Awareness Month.** According to the Department of Health and Human Services, men are more likely than women to smoke, drink, make unhealthy or risky choices, and put off regular checkups and medical care. Getting preventive screenings or checkups and living a healthy lifestyle, can prevent major health problems commonly affecting men. Find out what [benefits specific to men's health](#) are covered by TRICARE.
- 9. Discover more about exercise-induced asthma.** About 90% of people with asthma have exercise-induced asthma, also called exercise-induced bronchoconstriction or EIB. However, EIB can occur in people without asthma as well. Talk with your provider to get a proper diagnosis. If you have been diagnosed with asthma, consider completing our [The Basics of Asthma Management](#) online program. [One-on-one coaching](#) with an asthma specialist is also available.
- 10. Quit this summer!** If you've been thinking about quitting tobacco, our [Time to Quit](#) tobacco cessation online program takes you step by step through completing a quit plan. We also have a recorded class, [Preparing to Quit Tobacco](#), which helps you focus on the key challenges of smoking and provides tools to be successful. Take your first step today!



An exploration of the many benefits available to you through your TRICARE health plan.

June's topic:

A Look into Mental Health